

A person is seen from behind, cross-country skiing down a snowy path in a dense forest of tall evergreen trees. The trees are heavily laden with snow, and the ground is a smooth, white expanse. The skier is wearing dark clothing and a backpack, and is using ski poles. The overall scene is peaceful and serene, capturing a winter day in nature.

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DECEMBER 2014

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CONSERVATION NATURALIST
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Stephens
Media Iowa LLC

FACETS IS A MONTHLY PUBLICATION
OF STEPHENS MEDIA IOWA, LLC.

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special-sections/facets](http://www.amestrib.com/sections/special-sections/facets)

ON THE COVER: Emily Herring,
Story County Conservation naturalist. CONTRIBUTED PHOTO

EDITOR'S NOTE

More merriment and cheer and less bah hum-bug

'Tis the season. Happy holidays! And dare I suggest the occasional bah hum-bug?

It's that time of year when we get together with family, friends and co-workers to celebrate the holidays. It's also that time of year when days are shorter, we get fatter and sometimes, just sometimes, our stress levels go up, even if only a little.

Are we spending too much on gifts? Are we spending too little? Are we spending equally on everyone on our holiday gift-giving list? What to bake? What are we to do when we're not shopping, eating or working? Why can my family be so annoying?

If you're like most everyone else, my guess is those are just some of the questions you will ask yourself, if not out loud, at least in the solitude of your own mind, over the coming weeks.

Inside this issue of Facets is some information that we hope can help take some of the holiday stress out of your life.

Some quick fix recipes for a cold winter

night or holiday party, tips for keeping your children happy on Christmas morning by keeping their expectations reasonable, ideas for outdoor winter fun for the whole family and yes, tips on how to manage your budget during this season of spending. There may also be some help with dealing with family during those holiday gatherings, and tips for keeping you looking better during the dry winter months.

You will find information on where to see beautifully decorated homes for the holidays, and places to maybe find that unique gift, or ideas about how to travel to New York City on the cheap.

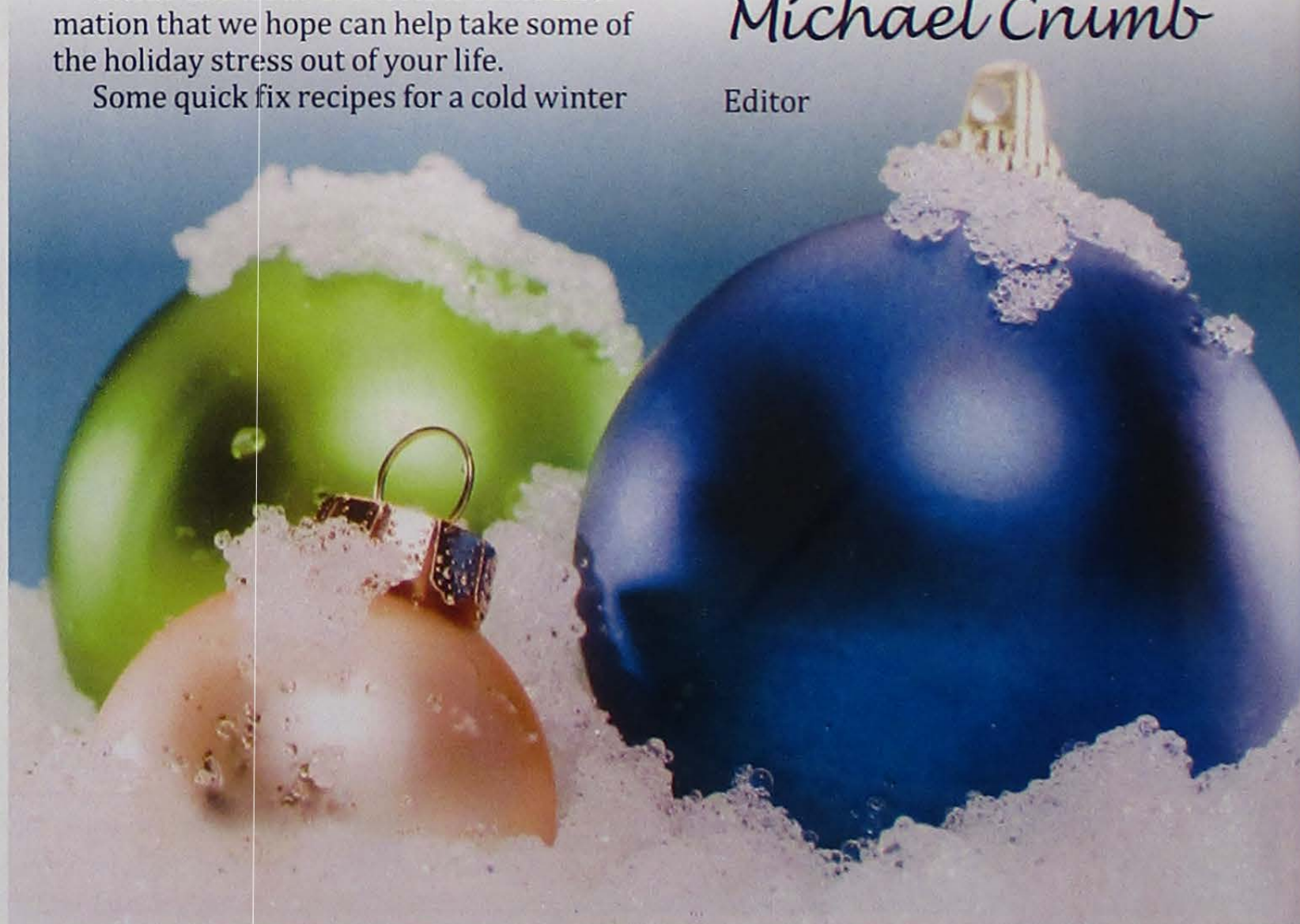
It's all inside these pages.

And maybe, just maybe, we can help you have a happier holiday season, with more cheer and merriment and a little less bah hum-bug.

Happy Holidays!

Michael Crumb

Editor



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REV UP FOR OUTDOOR WINTER FUN



Emily Herring, Story County Conservation naturalist. CONTRIBUTED PHOTO

"Although they look awkward, snowshoes provide great physical exercise and burn tons of calories. They provide traction on slick hills and floatation in deep snow. We usually get enough snow in Iowa to be able to snowshoe a handful of times during the winter. I have been known to explore other states for more snow. It is a great way to see the natural world in such a harsh environment, but yet so beautiful." — Emily Herring, Story County Conservation naturalist, who will lead a snowshoe hike Feb. 19 at McFarland Park



Emily Herring, Story County Conservation naturalist.
CONTRIBUTED PHOTO



BY TODD BURRAS

Daylight savings has come and gone. The days are getting shorter; the nights longer. Cold temperatures, wind, rain and the dreaded four-letter word that so many Iowans fear — snow — is an ever-present threat.

It's time to batten down the hatches, get inside, put on a warm sweater and pull out your favorite blanket. It's time for a cup of tea, cocoa, coffee or maybe a hot toddy. It's time to grab a good novel before settling into a comfy seat by the fireplace to wait out the winter by doing what chipmunks and bears do: hibernate.

Sound like a good plan to while away the winter?

Not so fast.

While she has nothing against a little down time in the comforts of a warm home or in plunging into a good book — she even led an environmental book club last winter — Story County Conservation naturalist

Emily Herring says rather than shut down this is the time of year it's a good option instead to get revved up. Specifically, winter is a great time to get outdoors and recreate, recreate and recreate some more.

"This time of year I still love to go hiking, bicycling and kayaking," Herring says. "In fact, in late fall and even into winter these are some of my favorite activities. If the snow has blanketed the ground, though, then snowshoeing is my first choice."

Winter snow depths and ice conditions can be unpredictable in Iowa this time of year, which can limit some traditional winter recreational activities, such as snowshoeing, but Herring says people can still get outdoors and find activities to engage in even when it's not ideal for snowshoeing, skiing or ice fishing.

"In all honesty there are very few things that we can't do in the winter that we do in the summer outdoors," Herring says. "The key is just being prepared. Additionally, on the other hand, there are several activities

that we only get to explore in the winter. Take advantage of the snow, and your body and mind will thank you."

With winter fast approaching, here are some more of Herring's insights and ideas on how to make the most of the season.

Q: We're entering the darkest, coldest time of the year when many people shut down, stay inside and try to wait out the winter. What are some of your favorite outdoor activities this time of year that might encourage others to be doing that gets them outside and more physically active during this time of year?

A: Hiking in the fall and throughout winter is a great escape. The woods and prairies become peaceful and quiet with less human traffic. If you are searching for solitude, then hiking at dusk or even at night in fall and winter is a great way to find it. Here in Iowa we are so lucky to not have to worry about things that go bump in the woods. In fact you are more

likely to see wildlife and signs of wildlife in the winter months. From owls to otters, many creatures thrive during the winter months. Along with hiking, I enjoy taking my camera. A winter ice storm or hoar frost can create such beauty that most people indoors would miss.

I bicycle every Tuesday night, or at least try to. We ride the entire year, January through December. In the summer our numbers grow into the 40s but in the dead of winter sometimes it drops to just two. In the winter we ride bikes with wide tires and some people put studs on their tires. We light ourselves up like Christmas trees and wear reflective materials.

Three of my favorite kayaking adventures have been in November, December and early January. As long as the water is open and high enough, kayaking is a possibility. The added bonus with paddling in the winter is that with less rain there is less run off and the sediment is settled in the water. Plus the plant life in the cold water is no longer living and clouding up the water, which means seeing fish, mussel and anything else that lurks on the river bed. But you must be prepared. Know your river levels, wear shoes to keep dry and bring along additional dry clothing in case you get wet.

Another great outdoor activity in winter is cross-country skiing. I tend to lean away from cross-country skiing because I spend more time on my backside than on my skis. However, if you are more coordinated than me, which is easy, it is a rhythmic way to enjoy the winter scene.

Q: What are the physical and emotional health benefits to these activities?

A: My friends and I call it hibernation mode. Just like animals, humans prepare for winter in similar fashion. We eat more and higher calorie foods and wander outdoors less. These things tend to zap our energy and in my case they make me more irritable — just ask my husband. After exercising, and especially in the winter, I find I have more energy, sleep better and think more clearly. I also see a difference in how happy I feel. Yes, it is hard to get motivated to brave the cold, but the emotional and physical effects are worth it.

Q: Do you have a regular regime that gets you outside consistently during the winter?

A: Some activities like bicycling I do on a weekly basis. It helps if you have friends that encourage/pressure you to get out and exercise. Otherwise, I can tell when I'm



Emily Herring, Story County Conservation naturalist. CONTRIBUTED PHOTO

getting into a slump and need to be outdoors and find some time to move, even if it is a short walk with my dog around the block. I'm also so lucky to have a husband who enjoys being outdoors and he is great at encouraging exercise and something we often do together. Finding a partner in crime not only helps with encouragement, but it is also safer.

Q: What are four or five destination spots you like to visit for outdoor recreation this time of year?

A: When I figure out where to go on my winter adventure, one of the first things I think about is convenience. I'm lucky enough to live close to Pine Lake State Park (near Eldora). Within 5 minutes I can be at the park, pick a place that is easy to get to

and it will give you one less excuse to get outside. I also love to hike out at McFarland Park. There is a great trail system with hills to get your blood pumping and scenery to keep your mind distracted from your heavy breathing. If I'm going to make a weekend trip, Backbone State Park is a beautiful place to explore. And if I'm looking for deep snow, I head north to the upper peninsula of Michigan for good snow and unusual features like ice caves.

Q: Anything else you'd like to add?

A: I recently attended training on Wilderness First Aid and the instructors informed us that you always want to start cold. If you are warm when you start your exercise, you will quickly over heat and sweat, which will bring on chills. Dress in layers, and it is OK to be cold at first.

Enjoy winter both indoors and outdoors at Story County Conservation

For information about all programs, call (515) 232-2516.

Welcoming Winter Wreaths

Thursday, Dec. 4
7 to 8:30 p.m.
McFarland Park

Kick off the holiday season by creating an evergreen wreath for your front door with naturalist Emily Herring. Participants will also learn about the history of wreaths, common types of evergreen found in Iowa, and how to properly harvest evergreen from trees. We ask that kids under the age of 12 have an adult present to help them complete the wreath. Fee: \$15 (limit one wreath per person) with registration.

Geocache Elf Hunt

Saturday, Dec. 6, 1 to 3 p.m.
McFarland Park

Santa's helpers have been playing in the park. Join naturalist Jess Lancial to learn how to use a GPS, then go search the woods to find some elves and their presents hidden in the park. Space is limited, so be sure to register early! Fee: \$4 (per participant ages 3 to 14) with registration.

Snow Day

Saturday, Jan. 17, 2:30 to 4 p.m.
McFarland Park

Explore the winter world during an afternoon of snow play with naturalist Rebekah Beall. If there is no snow, we'll make our own! Registration required by 4 p.m. on Tuesday, Jan. 13.

Environmental Literature Club

Tuesday, Jan. 27; Tuesday, Feb. 24; Tuesday, March 24, 7 to 8:30 p.m.
Arcadia Café (2712 Lincoln Way, Ames)

Enjoy nature from your armchair this winter with a good book and a hot drink with naturalist Rebekah Beall. Each month participants discuss a different book focused on the human relationship with the environment. Fee of \$10 with registration for all three sessions required by 4 p.m.

Monday, Dec. 8. The following books can be purchased through Story County Conservation after Dec. 22, or participants can purchase on their own: "Red-Tails in Love" by Marie Winn, "The Sixth Extinction" by Elizabeth Kolbert, and "Between Grass and Sky" by Linda Hasselstrom.

Shoes and Soup

Thursday, Feb. 19, 6 to 9 p.m.
McFarland Park

The evening will consist of a brief snowshoeing tutorial, followed by a naturalist-lead snowshoe hike and time to explore McFarland Park on your own. Complete the evening with a warm bowl of soup at the conservation center. Fee of \$12 with registration required by 4 p.m. Thursday, Feb. 12.

Wild Tots

Saturday, Feb. 21, 10 to 11:30 a.m.
McFarland Park

Explore caves through a series of activities, crafts and a snack. This program is for children ages (2 to 4) plus their adult. Fee of \$5 per child with registration due by 4 p.m. Wednesday, Feb. 19.

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When Christmas Hits the Fan

"No wonder Grandma got run over by a reindeer — she probably couldn't take it anymore."

BY KAREN SCHWALLER

To say the holidays can be stressful is like saying hogs will find the one and only small weak spot in a fence to get out, but won't be able to see the huge doorway of a building when you go to chase them back in. It's the infuriating nature of the beast.

The nature of the Christmas beast is the "to-do" list, usually reserved for the woman of the family. There is shopping, baking, Christmas cards, letters and pictures to take and order; gift wrapping, setting up the tree, holiday meal shopping and preparation, house cleaning, decorating the house and tree, coordinating family gathering plans and, of course, looking like you just stepped out of Vogue Magazine. All of this on top of full time jobs, families and weekly activities.

No wonder Grandma got run over by a reindeer — she probably couldn't take it anymore.

Last year we moved into a new home, which was great. Our mistake was moving into it the week before Christmas.

There was so much to do with finishing up the house so we could move in, selling my brand new book, speaking engagements, moving, Christmas and all that goes with it (see above), and getting together for our children's birthdays — which all fall in December. (When you plan a family with a farmer, you plan winter babies, lest you find yourself in the delivery room alone if there is a crop to plant or harvest, or hay to get baled before it rains.)

Our children — all grown up now — were asking when we were going to (at least) get a Christmas tree. The more time that passed, the more it became apparent that there would be no tree other than the one we have in our living room all year, which we decorate for various holidays. We simply didn't have the time for Christmas. There was no decorating the house, we hurried through the Christmas card ritual and took no family photo to include with the cards — even the Saturday holiday baking date was scrapped in the name of getting everything else done. We were planning Christmas between two houses. Our daughter was less than impressed.

One evening a few days before Christmas when I brought over the umpteenth carload of goods, I saw that she had parked in front of my garage stall. I wasn't happy, since she knew we were busy moving and needed to get in and out of the garage.

Not in the happiest of moods, I parked next to her truck, carried my attitude into the house and as soon as I opened the door, said (in a not-so-happy tone), "Do you think you could move your truck so I can get this stuff in the house?"

As I rounded the corner into the living room, there it was — and there they were. Our daughter and one of her brothers, with a fresh Christmas tree they had cut and purchased for us. It was in the tree stand and they were putting the lights on it. They stood there quietly, just looking at me.

I had just done my best impression of the Grinch. And the green

skin I was wearing didn't complement my persona in any way. I was a little embarrassed.

I had completely lost track of the reason for Christmas in the rush of all the things I had going on in my life. Christmas is about the ultimate birthday; but just as much, it's about stopping to recognize and appreciate the people who give our lives meaning and purpose. I had forgotten, and in that simple way — without making demands — our children reminded me.

While it wasn't a Christmas out of the Martha Stewart magazine, it was still nice to be all together on Christmas Eve and Christmas Day, with nothing to do but be together as a family.

It's a wonderful life.

Karen Schwaller, of Milford, is a freelance writer, author, speaker and farmer's wife. She can be reached at kschwaller@evertex.net.

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Turn your dining room into an *English Manor* home for the holidays

BY MARY CAROL GARRITY
MCCLATCHY-TRIBUNE
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This holiday season, you don't have to live in Downton Abbey to sup in a dining room that's fit for nobility. When I decorated my dining room for my annual Holiday Open House, I followed seven simple steps to infuse the space with the feel of an English manor house.

1. CLASSIC YET SIMPLE PLACE SETTINGS

When I decorate my dining room for the holidays or for each new season, I pick a theme and bring it to life, starting with the place settings. While I knew I wanted this year's table to be a nod to English style, I also wanted it to be edited, approachable. So I started simply, using a wool Tartan throw blanket as my tablecloth, instead of a more formal white tablecloth. I will never, ever grow tired of Tartan plaid. Especially during the holidays. And especially in my dining room, which, with its masculine moorings, Twilight blue walls and traditional furnishings, just screams to be accented in this timeless fabric.

Since the plaid table topper was rich with color and pattern, I went with a simple, classic set of dishes so the table wouldn't feel busy or overdone. One of our techniques at Nell Hill's — my home furnishings stores in Atchison, Kansas, and Kansas City, Mo. — is to mix formal and informal together, so these unassuming chargers were a great pick to pair with this brand new Spode china pattern, which features iconic images like pheasants, deer and plaids.

2. A LAVISH BUT LIVABLE CENTERPIECE

If you know me, you know my history of going BIG when it comes to creating centerpieces for my holiday table. This year, I restrained myself a bit. I wanted a centerpiece that flowed throughout the table space, was loaded with drama yet loose enough to allow for cross-table conversation. I went "shopping" in my home for pieces to use in the centerpiece, and zeroed in on the gold alter sticks I always keep on my fireplace mantel. I think they look sublime atop my red plaid cloth. The soft shimmer of the sticks was echoed in the etched silver ball we placed on an iron urn, resting on a nest of a pine wreath. The silver deer, tucked into the scene, were the perfect finish.

I used those gorgeous balls in displays all over my home this year — they are so elegant and unassuming, all you have to do is place them on a bed of pine.

3. A CHANDELIER THAT LIGHTENS THE SPIRITS

A decorated chandelier takes a beautifully appointed room to the next level. We kept this treatment tightly tucked to the center of the chandelier, compact and powerful. We started with a mix of faux pine picks. I like how the different tones of green set each other off. The more you mix the colors in faux arrangements like these, the more lifelike they look. The frost-covered sticks give the arrangement a wilder feel, while the symmetrical strands of ribbon keep it civil.

4. CHAIRS THAT WON'T BE UPSTAGED

While I don't change out my dining chairs with each season, I do swap out custom seat

covers when the weather turns cold, replacing the linen seats with covers made of yummy plaid. This simple switcheroo makes my dining room feel new, and it allows the chairs to do their part to contribute to the overall splendor of the room. When I entertain, I love to decorate the backs of the dining chairs with some intriguing element that will make guests smile. This year, I picked stockings we custom designed to benefit Haitian orphans served by The Global Orphan Project (<https://goproject.org/>). I inserted a bottle of wine in each stocking, a gift of holiday cheer for guests. These stockings are fabulous decorating tools and also make perfect gifts. And every penny of profit from their sale is used by The GO Project to help orphaned and abandoned kids in Haiti.

5. SERVICE TABLES THAT SHINE

When you decorate your dining room, don't stop at your table. Dress the service tables as well. I just added a three-tiered server to my dining room, in the corner usually reserved for a Christmas tree. I liked the idea of filling it full of food we couldn't fit on the table, saving us trips to the kitchen.

A silver set holds court on my table year round, so to give it a holiday feel, I just added greens.

Normally, a piece of contemporary artwork is hanging over my buffet. But I switched it with a pastoral painting from the upstairs hallway. I thought it did a marvelous job of contributing to my English manor theme.

6. GOBS OF GORGEOUS GARLAND

All great holiday displays start with gorgeous greens. In

my book, high quality, lifelike garland is one of the smartest places to invest your holiday decorating dollars because it can be used year after year in myriad ways. For my open house this year, I went crazy with garland, using thick ropes of faux pine to crown the tops of my interior doors, trace the lines of my banister and accent the windows in my dining room.

Holiday ribbon is another great investment. It provides a lovely finish to any display, whether it's threaded through holiday greens, tied around the top of a lantern or holding a wreath in place on your front door. And when the season is over, roll it up and reuse it next year.

7. BEAUTIFUL DETAILS FINISH THE DESIGN

Sometimes when you are designing a room, it's the last little details that provide the exclamation point, driving the space up the drama scale. Instead of just lining up bottles of wine on the buffet, we decided to let them contribute to the beauty of this room by inserting them into a blue and white cachepot holding a simple arrangement of pine picks.

Who can resist the allure of a wrapped gift? I know I can't! That's why I like to include small take-home gifts when I decorate my dining room for entertaining. One simply wrapped gift holds chocolate-dipped candy cane stirrers, perfect for a steaming cup of coffee. Take home gifts don't cost much, but they are a sheer delight for guests.

This column was adapted from Mary Carol Garrity's blog at www.nellhills.com. She can be reached at marycarol@nellhills.com.



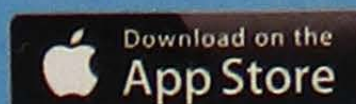
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Making the impossible possible:

Keeping your kids content during the holidays

With all the marketing and consumerism during this holiday, it's easy for your kids to get sucked in and expect everything they've asked for on Christmas morning.

Keeping your kids content during the holidays can be a difficult task.

With all the marketing and consumerism during this holiday, it's easy for your kids to get sucked in and expect everything they've asked for on Christmas morning.

So, how do you keep your kids happy and content during the holiday season?

1. Set expectations early. Discontentment happens when kids expect the whole toy store under the tree and only receive three or four gifts. Make sure their expectations are realistic long before Christmas morning. If a new bike's not in the budget, let them know.

2. Make a Top 10 list. Of what, you ask? Ask your kids to think of 10 things they are grateful for. Thanksgiving might be a great time to do this, but keep it around all year!

3. Donate old toys. After the new toys wear off, kids usually want more. This cycle will never stop unless you teach them that stuff is just stuff, and it will never bring happiness.

4. Give to someone in need.

Many organizations will help you find kids in need during the holidays. And a lot of their needs are actual needs, like clothes and shoes. Knowing other children don't have as much stuff could be an eye-opening experience for your kids.

5. Go serve. Every city has opportunities. Take a Saturday afternoon with your kids, and go serve for a few hours. Every child needs to experience what it feels like to put giving into action.

No matter what you plan to spend this Christmas, make sure you've made a budget. We've created mychristmasbudget.com, a free online tool to help you put a plan in place long before the Christmas season. As you try to teach your kids about discipline and contentment, this budget tool is a great way to make sure you have reasonable expectations as well!

*Rachel Cruze is a seasoned communicator and presenter, helping Americans learn the proper ways to handle money and stay out of debt. Her new book, *Smart Money Smart Kids*, co-authored by her dad Dave Ramsey, released April 2014 and debuted at #1 on the New York Times best-sellers list. You can follow Rachel on Twitter at @RachelCruze, online at rachelcruze.com, or at [facebook.com/rachelramseycruze](https://www.facebook.com/rachelramseycruze).*



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**Saturday & Sunday
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1:00-5:00 pm**

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Tickets may be used both days.

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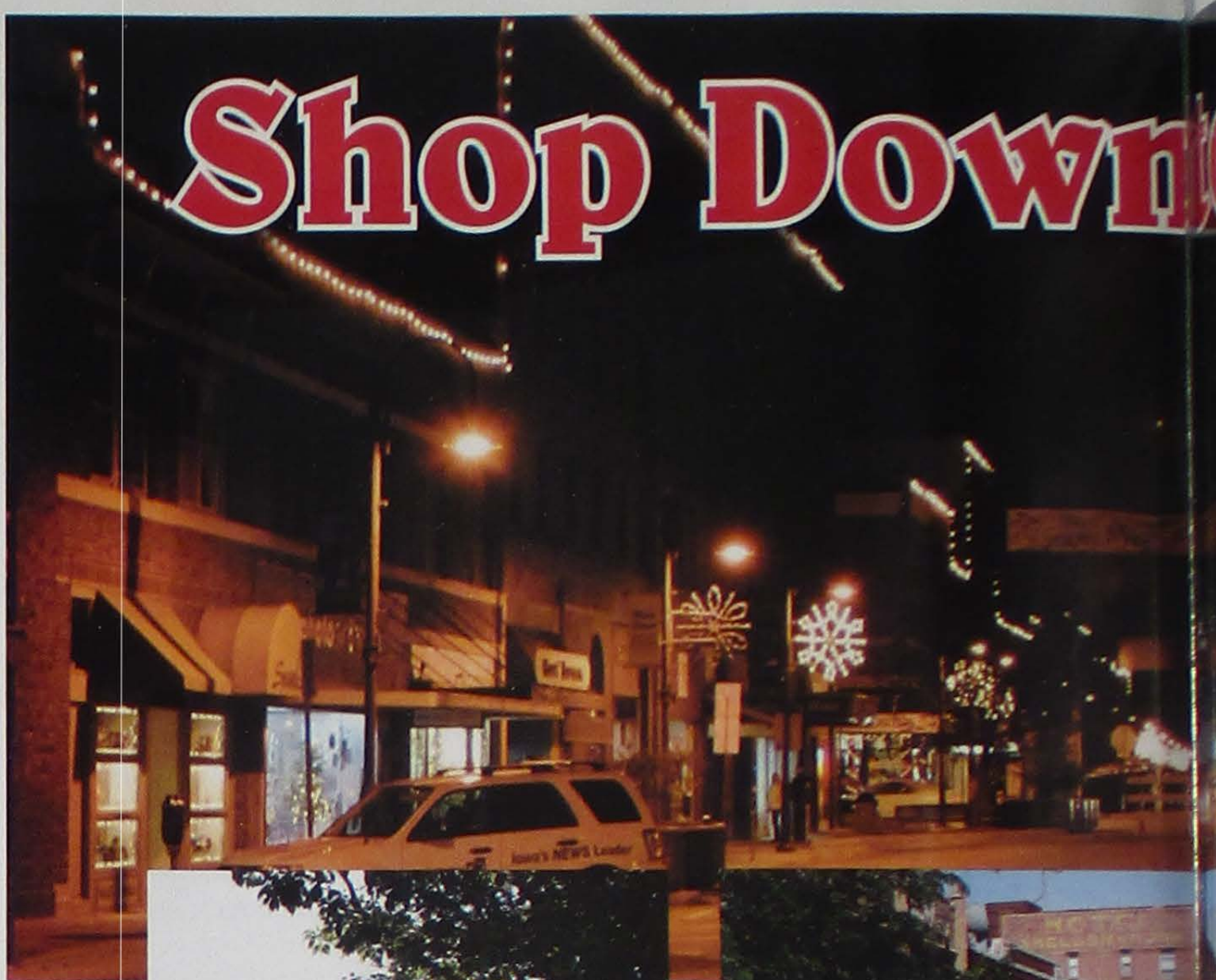
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A Fun Twist on Container Design



Juniper, curly willow and coral bells combine to make an attractive winter container. PHOTO BY JAN RIGGENBACH

If you have room to grow a corkscrew willow (*Salix matsudana Tortuosa*), you can have an endless supply of curly branches to liven up outdoor containers.

This fast-growing plant has the potential to become a tree that is 30 feet tall or more. But it will tolerate any amount of pruning and is easy to maintain at shrub size. The young shoots also happen to be the curliest, so regular pruning works out well, producing an abundance of curly branches.

You can buy curly willow branches at garden centers and craft stores, of course, but I think it's fun to have a home-grown supply. With a can of spray paint, you can have branches in the designer color of your choice.

As the centerpiece for winter containers, live evergreens are my choice, rather than the more commonly used cut evergreen branches. Although the cut ones start out looking good, before the winter is over they'll be brown.

Not so with live evergreens. The trick is to choose very hardy varieties that will survive the whole winter in an above-ground container. Here in the Midwest, the two most dependable survivors are junipers for sunny containers and yews for pots in the shade. Both sometimes have attractive berries that add to the show.

Junipers are especially good if you live in deer country, because deer normally avoid these evergreens. Junipers are also fun to use for decorating because they come in upright and horizontal shapes, in a choice of blue, green, or gold.

Winter container decorating with small, end-of-the-season evergreens is inexpensive. More often than not, the plants not only survive winter but, come spring, make a successful move into the landscape when I'm ready to plant something more flamboyant in the containers. Sometimes I move the evergreens into a nursery bed for the summer, then move them back to containers for the winter.

The larger the container, the more insulated the evergreens' roots will be from the cold. Weatherproof pots made from durable, lightweight resin are ideal.

Once you have an evergreen and some curly willow branches in place, you can fill in around the edges of the pot with hardy evergreen groundcovers. One of my go-to plants is *Angelina sedum*; it spreads so fast that there are always extras I can dig up from the yard to plant in a container. Other handsome possibilities include English ivy, wintercreeper, coral bells, blue fescue, and foamflower.

It's fun to scour the garden to find cones, pods and dried flowers to add to containers. Berried branches make beautiful fillers.

Making the most of your Christmas tree after the holiday

BY JOE LAMP'L
MCCLATCHY-TRIBUNE
TNS

The disposable cut Christmas tree of yesteryear is today a valuable addition as organic material used for mulch, compost and soil improvement. Gone are the days when trees were simply tossed to the curb where it became a heterogeneous mixture when combined with all the other Christmas discards destined for the landfill. These days, most municipalities will pick up your tree for free where it's separated from landfill trash. Trees are collected for composting or shredded into mulch with infinite uses and benefits. Even if no such service is available in your area, there are locations around every town that will accept your tree for free. Or consider organizations such as the Boy Scouts of America who will, for a nominal fee, pick up your tree and take it to the appropriate location for recycling.

In the event any of those options is more than you want to deal with, a discarded tree left to decompose on its own can provide important shelter for birds and wildlife as it breaks down. For any of the above options, trees should be free of that silver tinsel stuff. It's made of plastic, which never fully biodegrades. Bad stuff for the environment.

Even better, over the last several years, the popularity of live or living Christmas trees has been on the rise. Unfortunately many of these trees don't survive the holiday season — not because they can't, but because they are not cared for properly. Knowing how to choose, plant and care for a live Christmas tree will make for a happier holiday, and a valuable addition to your landscape. Here's what you need to know.

If you're one of the good folks who have taken this route, what you do between now and the time you plant it outdoors can determine its ultimate fate. I'm already assuming you selected a variety that will grow well in your area. The most common tree species used for living Christmas trees include spruce, pines and firs, although many garden centers market any cone-shaped tree as an option for Christmas. Although these may not be considered "traditional" choices, they may be the

best option for your area. I think that's smart.

Avoid the temptation to bring your tree indoors too early. Once your tree makes it home, it needs to stay outside, in a protected area, until a few days before Christmas. It's still outside, right? Make sure the soil is kept moist, but not wet. It also needs to be sheltered from high winds and full sun. The objective for this time is to acclimate your tree to warmer temperatures over a period of three to four days. Climate controlled homes are warm and dry — an inhospitable environment for a living tree. In fact, the less time indoors the better; one or two days before Christmas is best, but no more than a week.

Many people choose to spray their live tree with an antidesiccant or anti-wilt product. These products will help retain valuable moisture in the tree, and reduce needle loss, once the tree is moved indoors. If you choose this option, do so before the tree is moved inside and while it is acclimating to the warmer temperatures. These products are sold under several names, including Wilt-Pruf and CloudCover.

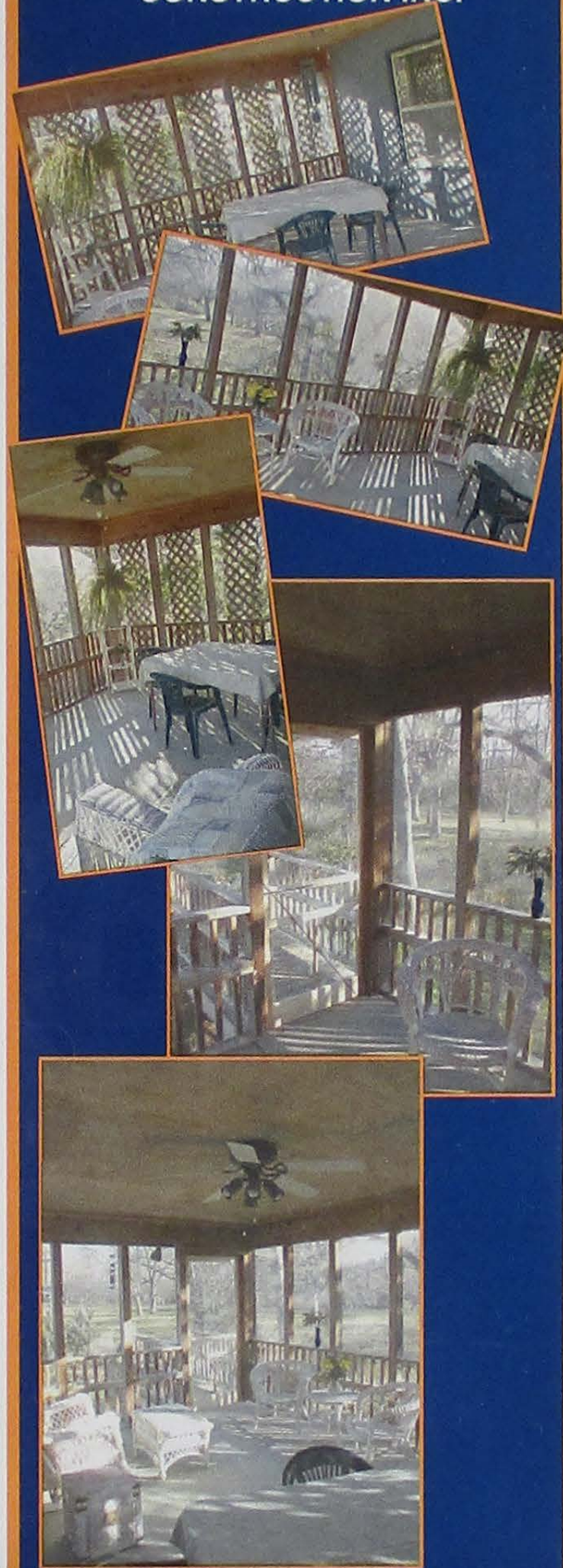
Move your tree back outdoors as soon as possible after Christmas. However, don't immediately plant it. The tree will need to readjust to the outdoors in a protected area for several days. Avoid direct sun, high winds and warm areas when storing your tree. Be sure to maintain soil moisture. In a week to 10 days, move your tree into a planting hole in your landscape.

A good idea is to have already prepared the planting site, especially in areas of the country where the ground already may be frozen. The hole should be at least twice as wide as the root ball, but no deeper. Planting your tree slightly higher than the surrounding soil will help with drainage. Then, simply back-fill with the original soil. Finally, be sure to water and mulch your tree to retain moisture. Continue to monitor soil moisture through winter.

Joe Lamp'l, host of "Growing a Greener World" on PBS, is a Master Gardener, author and the founder of The Joe Gardener® Company, devoted to environmentally responsible gardening and sustainable outdoor living. For more information visit www.GrowingAGreenerWorld.com.

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Holiday Spending Choices

How do you spend money for the holidays? Some people choose to budget and save through the year to accommodate the nearly inevitable holiday costs. This is a choice to plan ahead.

Others buy now and deal with the expenses later. This is often accomplished with the use of credit cards. When the bills arrive they wish they had planned ahead and decide to "do better next year".

What kind of a holiday shopper are you? Do you plan ahead or plan to do better next year?

Most of us would like to make purposeful decisions; we usually feel better if we purposefully choose how we allocate our time, energy and money.

It is not too late to change your method and make a different choice for this year. You can come up with more satisfying ways to spend your time, energy and money and create new holiday traditions. Here are ideas to help you think of giving choices that fit your life.

Give the gift of time to children; time in the park, reading a book, time to just be with and listen to a special child. One on one time with a child is priceless. And the child's parents may think the gift is for them.

Talk with your children about what they received for Christmas last year. If they are in third grade or younger, it is likely that they don't remember. If they do remember, last year's gift may be broken, forgotten, lost or need an upgrade to a new improved model.

Help them think about what they really want this year not just a list of what they see advertised.



KAREN
PETERSEN

I know we want to give our children everything they want, some of us even get reminded of all the "stuff" everyone else has. For what it is worth, I have been told by good authority that children are not permanently marred if they do not have everything they think they want or need. The authority was my mother 50 years ago, and mom always knows best.

Adult gifts used to be hard for me until I quit spending my time shopping and started spending time in the kitchen. I make oatmeal bread and caramel corn. My family and friends look forward to the treat and I love to give an appreciated gift. And this is gift to myself; instead of scurrying around looking for that just right gift, I listen to Christmas music as the tree lights twinkle and the house fills with the wonderful aroma of baking.

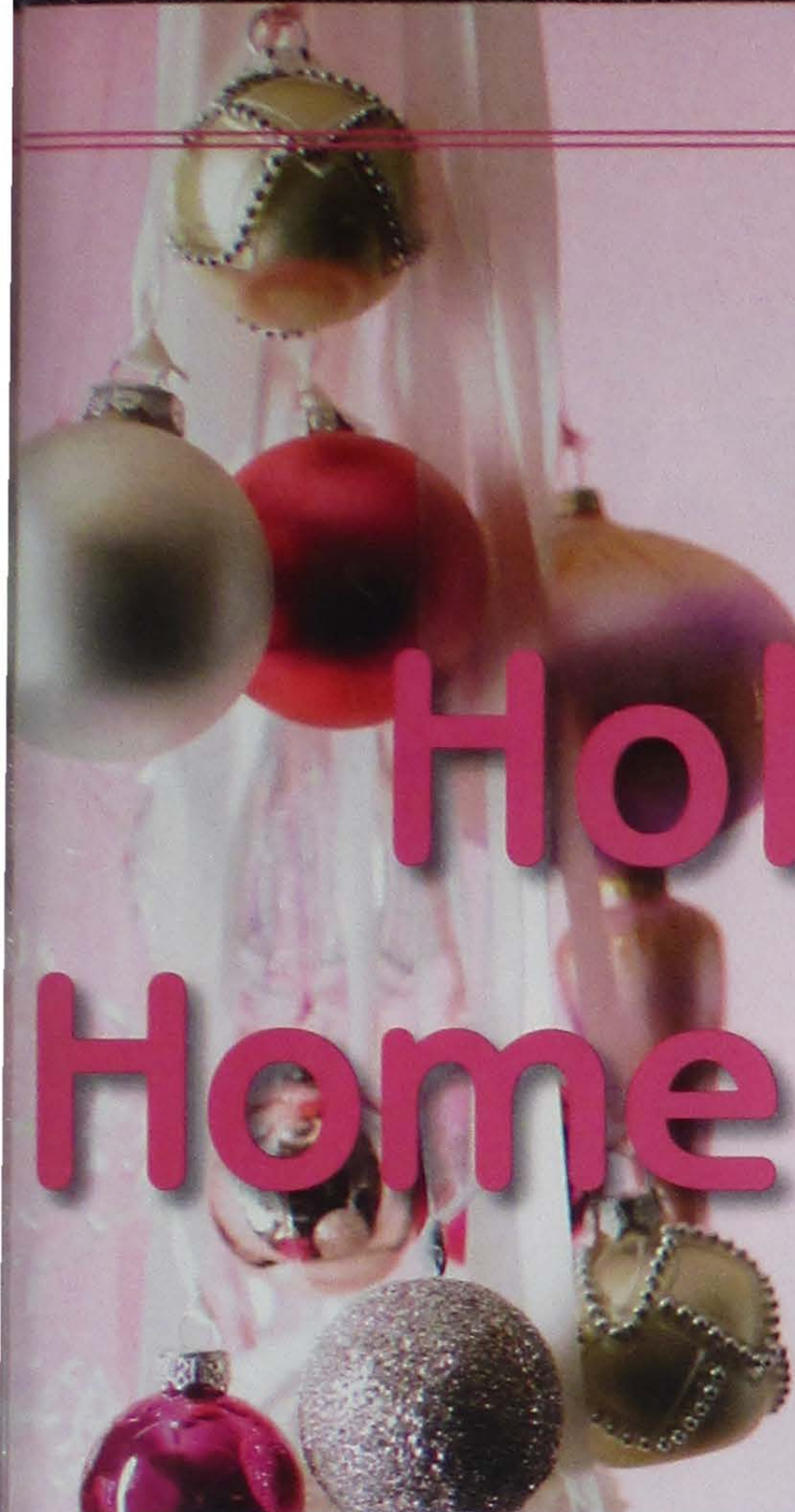
The kitchen is a good place for me to make gifts, yours could be your camera, easel, sewing machine, potting shed, or any number of creative activities you enjoy.

If you are the "let's budget next year" kind of person, you probably will not become the "Holiday Choices" poster child this year. Change takes time and small steps are how we make those changes.

This Holiday season make purposeful decisions as you spend your time, energy, and money because... life is More Than Money.

Because life is...more than money.

Karen L Petersen CFP® CDFATM is a fee based financial advisor. You can contact her at 515 232 2785 or karen@mymorethanmoney.net Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. The views expressed are not necessarily the opinion of Cambridge Investment Research and should not be construed directly or indirectly, as an offer to buy or sell any securities mentioned herein. Investing is subject to risks including loss of principal invested. No strategy can assure profit or protect against loss.



Huxley Holiday Home Tour

It's time to "Deck the Halls" and "'Tis the Season", all in the name of helping others in the Ballard Community. The Huxley Enhancement & Recreational Organization (H.E.R.O.) will be presenting the 8th Annual Huxley Holiday Tour of Homes on Sunday, Dec. 14.

Five homes around the Huxley area have graciously opened their beautiful homes for community members to tour and enjoy. Each home will be decorated for the holiday season and will offer those touring some inspirational ideas for their own personal Christmas decorating.

Those opening their homes to the public include; Rob & Megan Mudd, Kent & Janel Wagner, Mike & Ashley Jorgensen, Greg & Amanda Ploeger and Matt & Carissa Lewis.

The homes will be open for tours from 4-7 p.m.

Tickets for the event are \$8 in advance and can be purchase at the

following local businesses: Blumster's on Main, Quick's Hardware Hank, Moose on The Loose & Chicken Shed Primitives.

Tickets may also be purchased the day of the event at any of the homes on the tour for \$10. All proceeds from the event will support the Ballard area food and clothing pantries.

"I'm so excited to have the support from H.E.R.O. to make an event like this happen," said Angie Weeks, event chair. "It takes people's ideas, time,

and generosity and H.E.R.O. has been willing to step up to see an event in our community succeed. The best part is the assistance we will be giving to our local charities."

For more information about the H.E.R.O. organization and how you can become involved, please visit our website at www.huxleyheros.com or contact Sara Hillebrand at lilypadlearning@gmail.com.

**Homes open for tours on
Sunday, Dec. 14 from 4-7 p.m.**

Tickets

\$8 in advance and can be purchased at: Blumster's on Main • Quick's Hardware Hank • Moose on the Loose • Chicken Shed
\$10 day of the event and can be purchased at the homes on the tour.

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Crafts, artworks return for LUCKY STAR'S HOLIDAY EVENT

CONTRIBUTED PHOTO

BY ANTHONY CAPPS

Before the first Lucky Star Market in the spring, there were naysayers who said the marketplace for crafts, handmade goods, jewelry and more wouldn't work so well.

They thought Ames had its own groove and wouldn't want to branch out like this event was geared for.

But people did come to the event, which was at Prairie Moon Winery. Jody Bergan Bennett, who organized it all, said she quit counting after they hit 2,500 people.

"There was definitely 3,000 people," she said. "It was even better than we dreamed."

The Lucky Star returns to Ames for its second event on Dec. 6.

The market is designed to showcase local artists, crafters, designers and collectors. It is a place for people to find handmade goods, contemporary design and artwork, and repurposed and vintage finds.

"This isn't your typical grandma's craft fair," Bennett said.

The market thrives on more handmade and specialty goods. Bennett describes the items as more Etsy-like and will transcend a single demographic of people.

The concept for Lucky Star came from Bennett's sister who started a crafts fair, the Horseshoe Craft and Flea Market, in Denver to great success.

Bennett brought the concept to Central Iowa in hopes it would create a different kind of shopping experience than the community was used to.

Lucky Star is a pop-up market so it can show up anytime and anywhere in Ames. For the time being, Prairie Moon Winery has been a great spot for the event and the vendors like the setting.

The upcoming second market, which is a juried event, shouldn't be much bigger than the first one. Bennett said there will be between 35 and 40



CONTRIBUTED PHOTO

vendors — most from central Iowa — and remain "pretty similar" to the last one. There will be new vendors at the event, too.

Some of the special activities going on at the Lucky Star Market this time will be a kid's scavenger hunt, a trolley ride and an appearance by Santa Claus.

The brewery at Prairie Moon

will also be open for anyone craving some locally brewed beer. Bergie's new coffee truck will also be in attendance.

Lucky Star has hit a cord that wasn't at all tapped in Ames.

Bennett said it was great to prove the naysayers wrong and it says a lot about the community.

"We have some great art and culture here in Ames," she said.



CONTRIBUTED PHOTO

"And we are more open than people give us credit for."

She said there is a strong arts and crafts community in Ames that had never been able to get behind one single event and really express itself until the Lucky Star Market.

For those who want to see the holiday crafts before everyone else, there is a special preview event on Dec. 5.

The preview will let attendees get first pick at what they see and the vendors will be on hand to give demonstrations of their various crafts.

There will be appetizers and treats as well as a tote bag with coupons and things from local businesses. There will also be a live holiday music and a cash bar.

Bennett said it's a time where the people and the artists and makers can really interact on a truly personal level.

Tickets are \$10 and available online, at JB Knacker in Gilbert or at the door. Tickets are limited.

Bennett said the enthusiasm that's been building for the event is inspiring.

"People trust us with what we're doing,"

she said. "There are no other markets or things like this around here. This is an opportunity to showcase the people and also the businesses."

Lucky Star is a sister market to the Horseshoe Market in Denver. The two names both signify things that are good fortune.

The future is bright for the Lucky Star Market, too.

Bennett said another spring show is already in the works and the market has been approached about an autumn market. Creating more mini markets throughout Ames are also being discussed," she said.

"We are open to do more in the future," she said.

Lucky Star's 2nd annual Holiday Market

When: 9 a.m. to 4 p.m. on Dec. 6

Where: Prairie Moon Winery, 3801 W. 190 St.

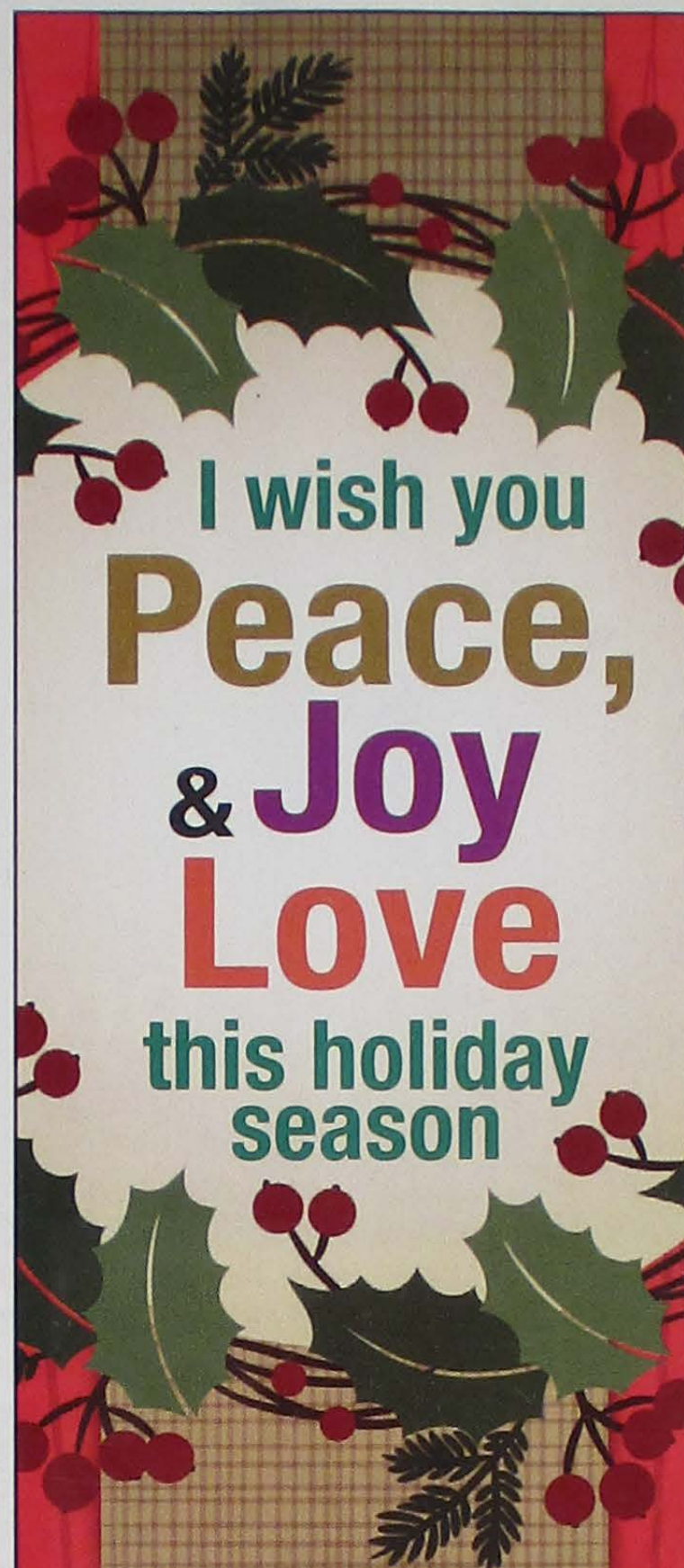
Cost: Free

Lucky Star's Preview Party

When: 6 to 9 p.m. on Dec. 5

Where: Prairie Moon Winery, 3801 W. 190 St.

Cost: \$10, tickets are available online, at JB Knacker in Gilbert or at the door.



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How to take a bite out of the Big Apple,

without breaking the bank

Walking the High Line along Manhattan's West Side provides a feast for the eyes, with art installations, sculptures and murals throughout the 1.45-mile elevated park. PHOTO BY ANYA MAGNUSON/MINNEAPOLIS STAR TRIBUNE/TNS

BY COLLEEN KELLY
STAR TRIBUNE (MINNEAPOLIS)
TNS

My family eagerly waited for the curtain to rise on our first Broadway show. We were about to see the Tony Award-winning "Newsies." Our plush red-velvet seats were on the main floor with clear views of the stage. And the price? Probably less than others in the same row paid.

It was the 13th birthday of our younger daughter, a budding actress who'd pined for New York City for years.

I, on the other hand, dreaded the idea of planning — and paying for — a trip to the heart of Manhattan. But this year, my husband, Jeff; our actress, Talia; our 16-year-old, Anya, and I finally took the plunge, booking a six-day vacation that was heavy on the city's free attractions, but left room for some splurges, too.

With careful planning, a smattering of credit card points, MetroCards good for unlimited rides and a sense of adventure, our family of four managed to

take on Manhattan without breaking the bank.

The money-crunching began with our theater tickets. I'd bought them months before we ever left Minneapolis with a discount code I found on TheaterMania. We skipped the great deals on same-day tickets people can nab at three TKTS Discount Booths around the city, because we didn't want to waste time in line — or risk coming up empty on such an important part of the trip.

Then, the day of the show, we continued to limit the damage that Broadway can do to a budget. Keeping to our splurge-and-save plan, we skipped the fancy sit-down restaurants so many attend before a show. Instead, we grabbed tasty falafel sandwiches, taking advantage of the stellar people-watching near Times Square. The bill came in at just \$42.

A family our size could spend nearly twice that amount on another New York City institution, the Metropolitan Museum of Art, if we paid the posted price (adults \$25, children \$12). Faced with cashiers

and large signs, many tourists don't realize that the prices are merely "recommended" fees, thanks to an 1893 state law. You can pay what you want, and we did, offering up \$20 for the whole family during each of two visits.

Prices for Manhattan hotel rooms are notoriously high — which is why we worked so diligently to get a deal.

By travel hacking to amass credit card points, we sliced our hotel costs to \$40 per night at the Holiday Inn Express, a comfortable, centrally located hotel with free, hot breakfast. And, yes, we all stayed in one room and it was a tight fit, but we were rarely there. So what if the breakfast area was chaotic? The free breakfasts and free all-day coffee saved us at least \$50 a day.

The Midtown location was important, too, because it put us near two subway stops and within easy walking distance of the Empire State Building, Penn Station — and N.Y. Pizza Suprema, where you can find some of the best slices in town for only \$4 a piece.

When it came to getting

around the city, we went hardcore for the subway. The seven-day unlimited ride MetroCards (\$30, good for buses and subway) were our tickets to everywhere and anywhere we wanted to go, saving us hundreds of dollars in transportation costs. We even used it to connect to the AirTrain (\$5), which brought us to and from JFK. The NYT transit mobile app was our constant guide, and we had few missteps. By the end of the week, the whole family felt like subway experts, with the kids reading, listening to music — and averting their eyes — like natives.

On the day we arrived, we barely set down our bags before jumping on the subway for a quick ride to the southern tip of Manhattan, where we caught the Staten Island Ferry. Such a good call. The weather was perfection and the views of the city skyline unmatched. As we pulled away from the dock, we sat in the back of the ferry and watched the metropolis recede. The ferry ride also offered great, free views of the Statue of Liberty.

After the ferry ride, we

headed to nearby ground zero. Although construction around the September 11 Memorial is still in progress and work continues near the base of One World Trade Center, the building near the site of the 9/11 attacks has risen to its full, impressive height.

We skipped the relatively pricey Memorial Museum (\$24 adult, \$15 youth), instead spending quiet time at nearby St. Paul's Chapel, which has small displays of letters, photos and memorabilia from 9/11. The chapel, where many first responders sought refuge and took breaks after the attacks, is open to the public (free, donations accepted). Some of the pews still bear the gouges made by their heavy equipment.

Two other Manhattan freebies competed for highlights of the trip: walking the Brooklyn Bridge, and exploring the High Line, an unusual elevated greenway on Manhattan's west side.

For the bridge walk, we took the subway to Brooklyn so we could stroll with Manhattan in our sights. The outing provided some of the best photos from the trip and although the bridge was fairly crowded, the atmosphere was celebratory. Just remember to stay on the pedestrian side of the stripe; fast-moving bicyclists aren't shy about their space.

Walking the High Line, way up on an elevated freight rail line, provided a more relaxed experience. The 1.45-mile-long pedestrian walkway offers amazing views of sunset over the Hudson — and into the back windows of apartment dwellers. We walked it on a Sunday night, using it to connect for an evening stroll in Greenwich Village.

After strolling the length of the High Line, we went in search of a coffeehouse — at nearly 9 p.m. on a Sunday. Alas, we discovered that bohemians abandon the coffeehouses when the sun goes down. Instead, we discovered a rather garishly lit tea house, selling, not cups of



When traveling with teens, there must be selfies. Here, Anya, left, and Talia Magnuson of Minneapolis stop for a quick snapshot on while walking on the Brooklyn Bridge. PHOTO BY COLLEEN KELLY/MINNEAPOLIS STAR TRIBUNE/TNS

tea, but a bewildering range of loose teas and infusions. The girls were enchanted, falling down an Alice-in-Wonderland rabbit hole, spending 40 minutes just before — and slightly after — closing as a saleswoman at David's Tea pulled tin after tin down from the seemingly endless shelves, insisting that they smell this one, that one, carefully explaining the differences.

When we finally left, having purchased \$10 worth of tea more out of a sense of decency than need, the key turned quietly in the door. The shopkeeper had clearly relished an audience. And we had enjoyed another great show.

There was "Newsies," of course. But also the drum-line performance on the High Line, the mime in Central Park, the man playing an ancient Chinese instrument in the subway — and the city itself.

We all agree that this is the best trip we've ever taken.

For me, one of the best parts came after we returned home. My email pinged with an alert

that my credit card statement was ready. I hopped online and clicked "pay now" as easily as swiping an NYC MetroCard.

IF YOU GO

FREE ATTRACTIONS

Walk the Brooklyn Bridge: We took the subway to Brooklyn to walk with Manhattan in our sights. It takes less than an hour, depending on crowds.

September 11 Memorial and St. Paul's Chapel: We skipped the September 11 Memorial Museum (\$24 adult, \$15 youth), instead spending time at the memorial and exhibits at the nearby St. Paul's Chapel, which first responders used as a refuge and resting place after the attacks (free; donations accepted).

Staten Island Ferry: Sit in back when leaving Manhattan for great views of the Statue of Liberty and city skyline. You have to get off and re-board for the return trip.

The High Line: Built along an unused 1.45-mile section of elevated rail line on the West Side,

this park is an unusual, tranquil oasis with views over the Hudson River.

Central Park and more: In addition to New York City's crown jewel, we enjoyed Washington Square Park in Greenwich Village and Bryant Park near Times Square. Find free events: www.nycgovparks.org/events.

GETTING AROUND

7-day unlimited MetroCard, (\$30 per person) covers all subway and bus travel. Add a \$5 AirTrain ticket to connect from JFK. (Taxis are flat rate from JFK to Manhattan, \$54 plus tolls and tip).

The NYTransit Mobile Web app is priceless, <http://tripplanner.mta.info/MyTrip>. Also, save the subway map (PDF) to your smartphone: <http://strib.mn/nycsubway>.

ACCOMMODATIONS

Holiday Inn Express Madison Square Garden: Free breakfast. Clean, small rooms. Aim for a higher floor: www.madisonsquaregardenhotel.com.

Maple syrup:

A sweet treat in this Turkey recipe

BY LINDA GASSENHEIMER
MCCLATCHY-TRIBUNE
TNS

I have vivid memories of driving through Vermont when the sap was being collected from the sugar maple trees and buying authentic maple syrup. Pure maple syrup has a rich, aromatic flavor that adds a special touch to this turkey loaf.

Sweet potatoes are quickly made in the microwave and mixed with chopped green bell pepper to complete this autumn dish.

HELPFUL HINTS

- Coarsely chop the vegetables for the meat loaf in a food processor. Remove and add the green bell pepper for the side dish to coarsely chop without washing the bowl.

- The onion, carrot and mushrooms are cooked in a microwave. They can also be sauteed several minutes in a nonstick skillet sprayed with vegetable spray instead.

Countdown:

- Start turkey loaf.
- Prepare potatoes.

SHOPPING LIST

Here are the ingredients

you'll need for tonight's Dinner in Minutes.

To buy: 1 package button mushrooms, 3/4 pound sweet potatoes, 1 medium green bell pepper, 3/4 pound ground breast meat turkey, 1 bottle pure maple syrup, 1 jar Dijon mustard and 1 package breadcrumbs.

Staples: Olive oil, onion, carrots, egg, salt and black peppercorns.

ENTREE VERMONT TURKEY LOAF

For the loaf:

- 1/2 cup coarsely chopped onion
- 1/2 cup coarsely chopped carrots
- 1/2 cup coarsely chopped button mushrooms
- 1 egg
- 1/4 cup plain bread crumbs
- 1 tablespoon olive oil
- 3/4 pound ground breast meat turkey
- Salt and freshly ground black pepper

For glaze:

- 2 tablespoons pure maple syrup
 - 2 teaspoons Dijon mustard
- Preheat oven to 375 degrees. Place onion, carrot and mushrooms in a microwave-safe

bowl and microwave on high 3 minutes. Separate the egg white from the yolk and discard the yolk. Remove bowl from microwave and add the bread crumbs, olive oil, turkey and egg white. Using a fork, mix all of the ingredients together until well blended. Add salt and pepper to taste and mix again. Line a baking tray with foil and shape meat into one loaf about 6 inches by 3 inches. Bake for 15 minutes. Meanwhile, mix maple syrup and mustard together. Remove turkey loaf from oven and poke several holes in it with a skewer. Spoon glaze over loaf. Return to oven 5 more minutes. Slice in half and serve one half to each person. Pour pan juices over each serving. Makes 2 servings.

Per serving: 400 calories (23 percent from fat), 10.4 g fat (1.6 g saturated, 5.7 g monounsaturated), 96 mg cholesterol, 45.3 g protein, 30.5 g carbohydrates, 2.4 g fiber, 467 mg sodium.

SIDE DISH MASHED SWEET POTATOES

- 3/4 pound sweet potatoes
- 1 medium green bell pepper, coarsely chopped (1 cup)
- 1 tablespoon olive oil
- Salt and freshly ground black

pepper to taste

Microwave method: Wash potatoes, prick skin with a knife in several places, wrap in paper towel and microwave on high 5 minutes. Cut in half and scoop out flesh into a bowl and mash with a fork.

Stove-top method: Wash, peel and cut potatoes into 2-inch pieces. Place in a saucepan and cover with cold water. Cover with a lid and bring to a boil. Reduce heat and simmer 10 minutes. Drain. Mash potatoes.

Add green pepper to the mashed potatoes. Mix in oil and season with salt and pepper to taste. Makes 2 servings.

Per serving: 217 calories (29 percent from fat), 7 g fat (1 g saturated, 4.9 g monounsaturated), no cholesterol, 3.2 g protein, 36.7 g carbohydrates, 6.1 g fiber, 97 mg sodium.

(Linda Gassenheimer is the author, most recently, of "Simply Smoothies: Fresh & Fast Diabetes-Friendly Snacks & Complete Meals" and "Fast and Flavorful: Great Diabetes Meals from Market to Table" and "The Flavors of the Florida Keys." Her website is dinnerinminutes.com. Follow her on Twitter @lgassenheimer. Email: linda@dinnerinminutes.com.)
Distributed by TNS Information Services

Beer mustard

makes this one-pot meal a star

BY LINDA GASSENHEIMER
MCCLATCHY-TRIBUNE TNS

Juicy pork chops, potatoes and leeks lightly coated in a beer mustard sauce star in this one-pot meal. Ale is brewed from malt and hops. It's more flavorful than beer and the color can vary from light to dark amber. This recipe calls for a dark ale. It gives more depth to the sauce.

Leeks look like a giant scallion with broad, dark green leaves that are tightly wrapped around each other. This makes it difficult to clean the dirt from the leaves. The quickest way to clean them is to trim the root end and make 4 to 5 slits from top to bottom. Run the leaves under cold water to reach the dirt trapped between the leaf layers.

HELPFUL HINTS:

- Any type of beer can be used instead of ale.
- Dijon mustard can be used instead of coarse-grain mustard.

COUNTDOWN:

- Prepare all ingredients.
- Make dish.

SHOPPING LIST

Here are the ingredients you'll need for tonight's Dinner in Minutes.

To buy: Two 8-ounce pork chops with bone, 2 medium leeks, 3/4 pound red or yellow potatoes, 1 bunch scallions, 1 bottle cider vinegar, one 12-ounce bottle dark ale and 1 jar coarse-ground mustard.

Staples: Canola oil, salt and black peppercorns.

ENTREE

ALE SOUSED PORK WITH POTATO AND LEEKS

- 2 teaspoons canola oil
- 2 8-ounce pork chops with bone
- 2 medium leeks, cleaned and sliced (about 2 cups)
- 3/4 pound red or yellow potatoes, with skin, sliced
- 3/4 cup dark ale
- 2 tablespoons cider vinegar
- 2 tablespoons coarse-ground mustard
- Salt and freshly ground black pepper
- 2 scallions, sliced

Heat the oil in a non-stick skillet over high heat. Brown chops on both sides, about 2 minutes per side. Remove the chops to a plate

and set aside.

Add leeks, potatoes, ale and cider vinegar to the skillet. Reduce heat to medium. Cover with a lid and simmer 10 minutes or until potatoes are cooked. Add the mustard to the skillet and stir around the vegetables to blend well. Return the pork chops to the skillet, cover and simmer 5 minutes or until chops are cooked through. A meat thermometer should read 145 degrees. Add salt and pepper to taste. Divide between 2 dinner plates and sprinkle the scallions on top. Makes 2 servings.

Per serving: 487 calories (22 percent from fat), 12.0 g fat (2.3 g saturated, 5.6 g monounsaturated), 120 mg cholesterol, 43.3 g protein, 44.9 g carbohydrates, 5.4 g fiber, 525 mg sodium.

(Linda Gassenheimer is the author, most recently, of "Simply Smoothies: Fresh & Fast Diabetes-Friendly Snacks & Complete Meals" and "Fast and Flavorful: Great Diabetes Meals from Market to Table" and "The Flavors of the Florida Keys." Her website is dinner-inminutes.com. Follow her on Twitter @lgassenheimer. Email: linda@dinnerinminutes.com.) Distributed by TNS Information Services

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Fighting off winter dryness

This month I consulted one of my partners at PCI for advice on winter care for hair, skin, nails and body.

Let's see what Linda Lohman, also a partner at Finesse Spa Salon has to say.

How should personal care change in the winter? Why?

With colder weather approaching we need to think of keeping our hair, skin, nails and bodies hydrated. We can put humidifiers in our homes but we need to make some changes to the products we are using and the services we are receiving.



MARY CLARE
LOKKEN

Our service providers offer complimentary consultations to find out what changes we need to make based on the concerns you are having with the change in seasons affecting your hair, skin, nails and body.

What about hair care?

During the colder months our guests inquire about giving their hair more life and shine. In the salon we offer our guest a customized treatment that can add moisture or strength back into the hair. We can achieve this with Redken's chemistry treatment, an in-salon reconditioning treatment that will last several shampoos and can even be extended with a once a week treatment used at home.

If even more shine is needed we can explore color options. One of our favorites is a Sugar Cookie Glaze, a sheer color that can refresh dull hair color in just a few minutes.



Mary Clare Lokken and her PCI partner Linda Lohman. CONTRIBUTED PHOTO

Want to make more of a change?

Let's talk about deeper richer shades of chocolate and caramel highlights. Changing a summer blonde to have warmer golden or wheat colored highlights, for example.

What do you recommend for winter skin care?

When our skin is dry it can seem dull and lifeless. Winter months are a great time to have a chemical peel or microdermabrasion

treatments. Bioelements Ultra Detox Chemical Peel will increase hydration by brightening lifeless skin and bring out the natural rosy glow and helps with lines and wrinkles.

Brighter healthier skin can also be achieved with microdermabrasion which uses mini micro crystals to buff away surface layers of the skin to reveal the new skin underneath. Our estheticians recommend a customized facial for each guest during a complimentary consultation. They

will also recommend daily products you can use at home for added benefits.

Jane Iredale Skin Care Makeup is an extension of skin care. Our stylists and estheticians offer full makeup applications and lessons to go with your new look. The new collection 'City Nights' has a sophisticated collection of rich autumn colors. Achieve a sultry, smoky look with Jane's Where There's Smoke.

What about my nail care?

Our hands definitely are affected in the colder months. Dry cracked skin and cuticles. Ouch! Definitely making sure we wear gloves when going out into the elements even if it is just for a minute or two can make all the difference.

Having a spa manicure?

Don't forget a spa pedicure can help keep your feet looking great. We offer deep hydration treatment during our ultimate nail services and hot towel wraps.

Have a CND Shellac Manicure with high shine, zero dry time and 14 day nail color. If you like to change it up try our Vinylux fast drying, no base coat, seven day nail color that actually get more durable with exposure to natural light.

And finally, what to do about winter body care?

There is nothing better for the body than a massage! A massage therapist can ease away the aches and pains and increase circulation and don't forget about relieving stress. Aromatherapy has many benefits during a massage too. Hot stone massage will add more warmth during a massage. We can customize a treatment for you.

Our estheticians and massage therapist offer body treatments. My favorite would be the

Herbology Retexturizer. Think of this, pre-warmed citrus fruit oil followed by an exfoliating Herbology massage, then being wrapped in a warm thermal blanket. The result is smooth silky skin for days. Clinical Care 24/7 Body Lotion with shea butter, fruit and plant extracts keep skin smooth and hydrated.

Lohman has been part of the Finesse team for 20 years and an owner for 10. She attended ISU for two years prior to entering the beauty industry.

I really felt cosmetology was a better career for me based on the fact that I loved experimenting with my friends' hair, and doing their make-up and nails, she commented.

A 1994 graduate of PCI Academy, formerly Professional Cosmetology Institute, in Ames, with her cosmetology and electrolysis license, she also received nail specialist training.

Lohman adds, Finesse has been a great salon to express my creativity. By being an owner, I have the opportunity to help grow our team. I am always open to learning new ideas.

I have 5 amazing business partners at Finesse Spa Salon, Andrea Kneifl, Dawn Walstrom, Meredith Miller, Mandy Fjelland and Jenny Veale.

I have another set of amazing partners in the school, Angie Torgeson, Mary Lokken, Brady Snider, Steph Reasland and MaryJune Jackson.

Of course I cannot forget our talented staff at Finesse Spa Salon and PCI Academy. We are in the beauty industry and beauty is what they give our guests every day! They take the time to educate the guests on what they need for services and products to maintain their look.

Thanks Linda for your insights for the winter session.

Mary Clare Lokken is the owner of PCI Academy in Ames. Reach her via email at mclokken@gmail.com.



"Celebrate the Journey"

RECIPE WALK/OPEN HOUSE

NOVEMBER 15 & 16

Pick up your free recipe cards at participating businesses while you shop & sample great food 10 a.m.-2 p.m.

11 a.m. **FREE** Christmas Movie at Boone Theater

Nov. 15—Santa's Workshop open from 10 a.m.-2 p.m.

Nov. 16—Santa's Workshop open from 1 p.m.-4 p.m.

UGLY SWEATER CONTEST

NOVEMBER 15-DECEMBER 1

Tis' the season to be tacky...Grab your ugliest sweater and join us!

THANKS FOR GIVING

NOVEMBER 22

Bring in your non-perishable food items and receive a discount at participating businesses to be donated to Hope Foundation Stuff the Bus.

Santa's Workshop open from Noon-2 p.m.

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NOVEMBER 29

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BAMA Holiday Promotion

FACETED WOMAN: SUSAN OWEN

NAME: Susan Owen

AGE: 48

POSITION: Manager at The Pumpkin Patch

FAMILY: Emily 22, Sarah 18, and Henry 11

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

I would save it or buy more stocks.

YOUR FAVORITE MOTTO:

"You have enemies? Good. That means you've stood up for something sometime in your life." Winston Churchill

WHAT MAKES YOU HAPPY?

My children

DO YOU BELIEVE IN NEW YEAR'S RESOLUTIONS?

No.

BEST TIP TO LOOK AND FEEL GREAT?

Be comfortable in your skin. Beauty comes from within. Always brush your teeth and no matter what wear lipstick!

HOW DO YOU TAKE CARE OF YOURSELF FINANCIALLY?

Financial advisor, and my parents always provide sound financial advise.

IF YOU COULD DO OR BE ANYTHING YOU WANT, WHAT WOULD IT BE?

A pilot for a major airline.

IF YOU KNEW THEN WHAT YOU KNOW NOW, WHAT WOULD YOU HAVE...

Would have starting saving in high school and college.

HOW DO YOU REWARD YOURSELF?

Chocolate...lots of chocolate!

MY SIMPLEST PLEASURE.

Visiting a nursing home, helping someone feel better.



Susan Owen, Manager at The Pumpkin Patch in Ames. CONTRIBUTED PHOTO

I AM THANKFUL FOR ...

My children and parents.

FAVORITE WARDROBE STAPLE?

Black zip up boots ... can dress

up or down!

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